

Officiating a Freestyle/Greco Match

By

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Congratulations on becoming a Freestyle/Greco-Roman official. Now, first things first, Are you ready?

Are you properly dressed & equipped?

The correct uniform is:

Light Blue polo shirt, Black belt, Grey slacks, Black socks, Black shoes.

Your equipment is:

A whistle w/lanyard, Red & Blue wristbands, Red & Blue flip disc, Red & Yellow cards.

Have you attended rules & officiating clinic?

The mat will be a 9-meter circle. The outer 1-meter is the Zone. The center 1-meter circle is the center.

To start a match you should be on the far side of the center circle waiting for the wrestlers. The wrestlers' will present themselves to check-in at the table and then turn to you. Invite them to the center, blue on your right and red to your left. Turn and face one of them and shake their hand. Ask them to extend their arms and check to see if they are dry and/or not greasy. The turn around and check the other wrestler. Make sure he table is ready to start the match then have the wrestlers shake hands. Once they have done this, they are ready to start. Step back and blow the whistle. Keep stepping back to a good position and observe the wrestlers. Score the actions as appropriate. The zone is where the wrestlers should not be. When one steps into the zone, address him/her by color and instruct them to return to the central wrestling area; Red Zone! If there are 3 feet in the zone, with no action, blow the whistle and start them in the center. If an attack starts inbounds then it may finish out of bounds. If a wrestler steps out of bounds under attack, wait for the attack to finish and score the higher of what happened or the step-out. If a wrestler steps out in the attack, wait for the attack to finish. If the attack succeeds, score it. If the attack fails, score 1 for the opponent. For a freestyle match, this continues for 2-minutes. For a Greco match, this will continue for 1 ½ minutes. At the end of a freestyle period, look for a winner. If points have been scored, you will have a winner. If the

score is 0-0, you will go to extra time. Follow the extra-time procedure. For a Greco match, determine who is winning, that wrestler will have the lock. They may choose the reverse-lift or par terre position. Follow the ordered hold procedure. When all wrestling for the period is done, declare the winner of the period and send the wrestlers to their corners.

Now, do it all over again for the 2nd period. At the end of the 2nd period, if you have the same winner the match is over. If it is a different winner, get ready for the third period.

Third period, do it all over again.

Things to watch:

Step-out; the entire foot must be out of bounds. The wrestler stepping out must be wrestled out, not pushed.

Fleeing the hold is refusal to engage. Fleeing the mat is leaving the mat to avoid wrestling.

Use your voice/commands so that penalties are not a surprise.